

First Aid Kit.

Bicarbonate of soda (for indigestion)

Spirits of ammonia (stimulant)

Oil of cloves (toothache)

Iodine 3½% (antiseptic)

Halozone tablets (1 to 1 pint of water
stand for 20 mins.)

Adhesive tape (not rolls, ½" - 2")

Gauze bandages (1" x 2")

3 cornered

Band-aids.

Rubbing alcohol (for cleansing or sprain)

Ordinary needle - (stuck in gauze on
top of kit with ad. tape)

Aspirin.

ABSC (on long trips)

Targel (for burns.)

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Why I Came to Margaret Eaton.

When I first started school people asked me what I would like to do when I grew up. At that age my mind changed practically every week as to my future career.

At the age of eight I started to attend some gymnasium classes at the Halifax "Y. W.". The work we did included gymnastics, stunts, apparatus and so on. The thought of these activities thrilled me and day by day my interest grew greater. I asked my "gym" mistress where she had learned to do the things she taught us. She told me at the Margaret Eaton School. As time went on I inquired about the course, ^{the} life, ^{the} staff and other things to do with the school. She told me the advantages of such a course and the wonderful experiences one receives.

All through elementary and secondary school the thought of "Margaret Eaton" was still with me and as I entered school sports I had the feeling I was laying a foundation for my future career.

When I was actually faced

Lois Creighton.

with the fact that I had to decide what my career was to be, nothing else entered my head except the Physical Education course at "Margaret Eaton".

The foremost reason ^{for} coming to "Margaret Eaton" was ^{so that} I could, after I graduated, teach gymnastics, coach basket-ball games, and enter into the Sports World as though I had a thorough and helpful knowledge of everything going on.

The idea of ^{learning} knowing how to build up, the structure and work of one's body seem to lead to a new adventure. I thought that it would be ^{helpful} nice to know what to do, and (have ^{to understand} the knowledge of) what had ^{actually} happened, ^{when} if anyone hurt ^{himself or herself} in my presence. ^{in the study of anatomy} Margaret Eaton seemed to offer this with its Physical Education course.

^{Not developed} I have always been interested in society. Such a course seemed to offer voluntary work for the health and welfare of the poor and society as a whole.

Lastly, since the Margaret Eaton School was in Toronto I wanted to come so I would see something of Canada on my way back and forth from my home.

O.K.

Physiology.

L. Creighton.

1. Systems of the Body.

1. Digestive System changes the food taken into the body into chemicals such as glucose, amino acids, etc. which may be used in the blood stream for the health of the body.
2. Respiratory system conducts the air taken into the body to the lungs where oxygen is taken out and used by the blood stream and the waste material carbon dioxide is thrown off.
3. Circulatory System conducts the blood from the heart to every part of the body, then sends it through the lungs to be purified.
4. Nervous system is centered in the brain and spinal column which sends nerve veins through every part of the body.
5. Glandular System produces adjustments in the body by chemical means. — via ductless or endocrine glands.
6. Reproductive System is the union of a sperm and ova by which a zygote is formed becoming a new embryo.

See last page

7. Skeletal System is the framework for supporting the body and keeping the body organs in place.
8. Excretory System rids the body of body wastes by using various body organs.
9. Muscular System is ^{composed of muscles} the contraction and relaxing of muscles which allows more movement for the body.

11) (A) Reduction Division is necessary so there is half the number of chromosomes (24) in a male or female sex cell so that when the spermatozoa enters the ovum and the two nuclei unite there will be the correct number of chromosomes (48) for the beginning of the new embryo.

(B) Placenta is the round, flat organ within the pregnant uterus which establishes communication between the mother and the embryo by means of the umbilical cord. The placenta by means of the umbilical cord supplies the fetus with maternal blood vessels to provide food and oxygen and to remove metabolic wastes from it.

Physiology.

Dr. Ryerson.

● Destroy & make 1 million, million ^{blood cells} every 24 hrs.
10,000 every minute.

Colour due to haemoglobin - iron porphyrin.

Iron from food - eggs, spinach, baked beans, liver.
2" nail amt of iron in body.

White cells live on av. of 3 wks. - 7,000 in cell &
50 billion in Body.

Circulation

To convey O_2 & nutrition to cells.

Carries away wastes.

Carries properties of some cells to others
in body so they may function properly.

In Capillaries blood does all work.

$\frac{1}{3500}$ of inch. 1-2 milim. long.

● 15" per sec. blood flows thro' aorta. Gets
Slower as progress - thro' capillaries $\frac{1}{50}$ " per sec.
Heart pumps out 2 oz.

Proger after given to name of Capillaries.
Cells in cap. reproduce themselves.

Muscles made up of mus. fibres from $\frac{1}{30}$ " - 15".
189,000 miles of fibres in body. - in order to
carry on - need blood. In human 159 million.
2,000 cap. In 1 sq" 1,350,000 cap.

Valves in veins to stop from going bk.
As mus. contract produce pressure on veins
& push blood fwd. "Mus. Tone" = contraction.

Heart & muscular. Internal lining
● Endocardium, pericardium
All under nervous control.

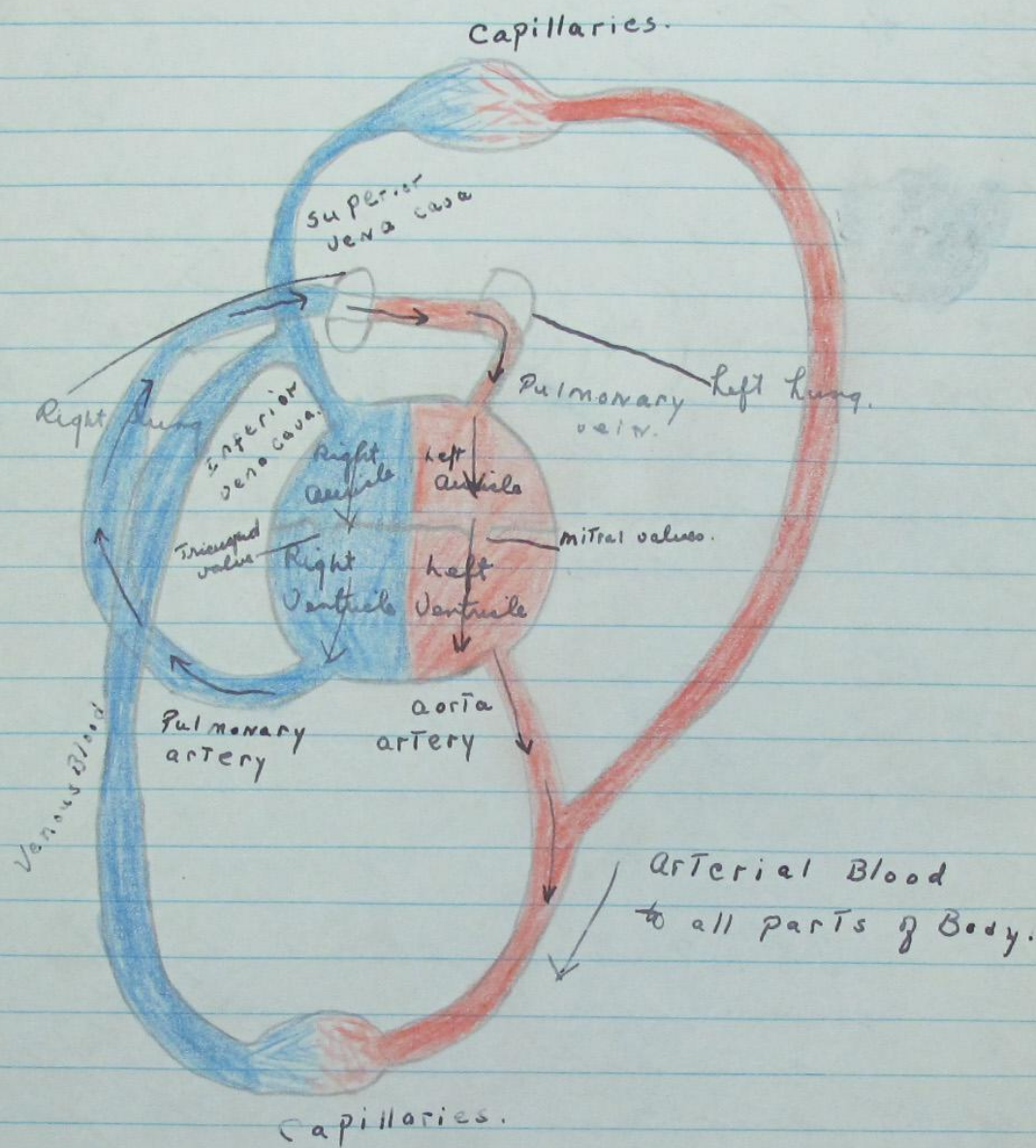
The Heart & Circulation.

1. Diagram (& label) the circulatory apparatus.
2. On above diagram trace the route of one red blood corpuscle from the right auricle, thro' the pulmonary & systemic circulation & back to the R. auricle.
3. Describe one complete heart beat, in both systolic & diastolic phases.
4. How is the heart regulated & governed?
5. " are " blood vessels controlled.
6. Why is control of the blood vessels necessary?
7. What causes the pulse?
8. " is blood pressure?
9. How " " measured?
10. What " the composition of the blood?
11. " are the functions of (A) the red blood cells?
(B) " leucocytes?
(C) " plasma?
12. Summarize the functions of the blood.
13. How may disorders of the arteries & veins be avoided?
14. What rules can you formulate for care of the heart itself?
15. In what ways may your diet affect the efficiency of your circulatory apparatus.

Physiology.

L. Crichton.

i, ii



ii The route of one red blood corpuscle is shown by the arrows in the diagram above.

iii A series of different actions which the heart performs is a beat. The contraction of the heart is called systole; its relaxation is called diastole.

1. The blood in the auricles fill, the valves between the auricles and ventricles are closed, the ventricles are relaxed and the valves at arterial openings are closed.
2. The valves between the auricles and ventricles open, and blood pours into the ventricles which are still relaxed.
3. The auricles contract and empty into the ventricles which are filled to capacity.
4. The ventricles contract & close the opening into the auricles; when the pressure has risen sufficiently the arterial valves open, and blood is pumped into the arteries.

The beat of the heart occurs when the blood passes from the ventricles to the arteries.

4, The heart is regulated by two kinds of nervous impulses: (1) accelerator, causing more rapid action, and (2) inhibitory, causing it to beat more slowly. The pauses between beats of a normal heart provide sufficient resting periods to sustain continued activity throughout life.

6/

7/ The pulse is caused each time the heart beats and when the shock of blood, as it is discharged from the ventricle in the aorta can be felt in a smaller artery at various points of the body.

8/ Blood pressure is the pressure exerted on the walls of the arteries by the blood; it is determined by the force of ^{the} heartbeat plus the resistance interposed by capillary and arterial friction.

9/ Blood pressure is measured by means of an instrument called a sphygmomanometer.

It is equipped with a cuff consisting of a thin rubber bag covered with soft cloth. The cuff is bound around the upper arm and inflated with a hand pump. The rising air pressure with the cuff compresses the arm, and this pressure is recorded in terms of the height it is capable of raising a column of mercury in a tube leading from the air space in the cuff.

10/ ~~The composition of blood is made up~~

The blood is composed of a fluid called plasma and the red and white corpuscles, plus a third class of bodies known as blood platelets.